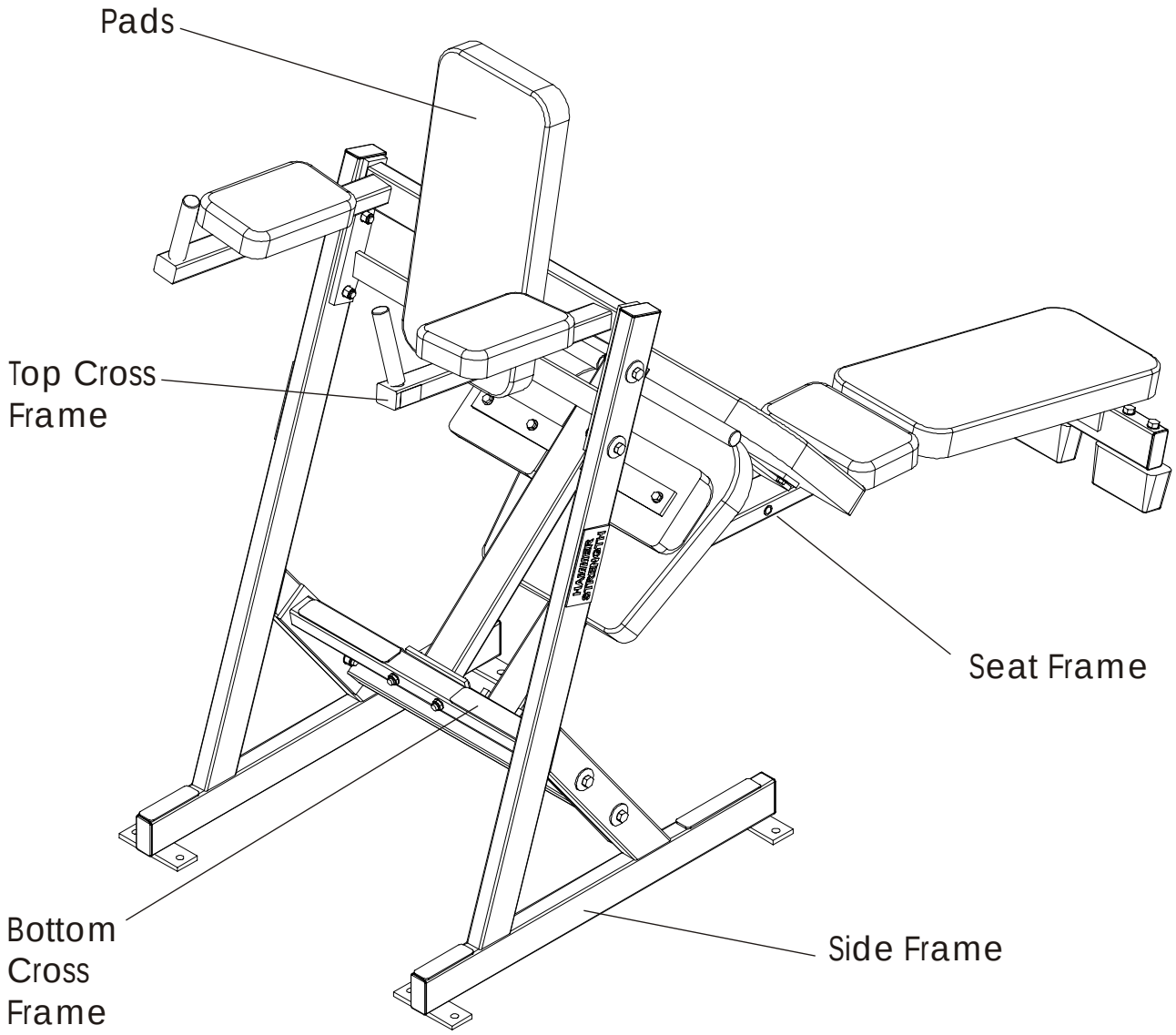
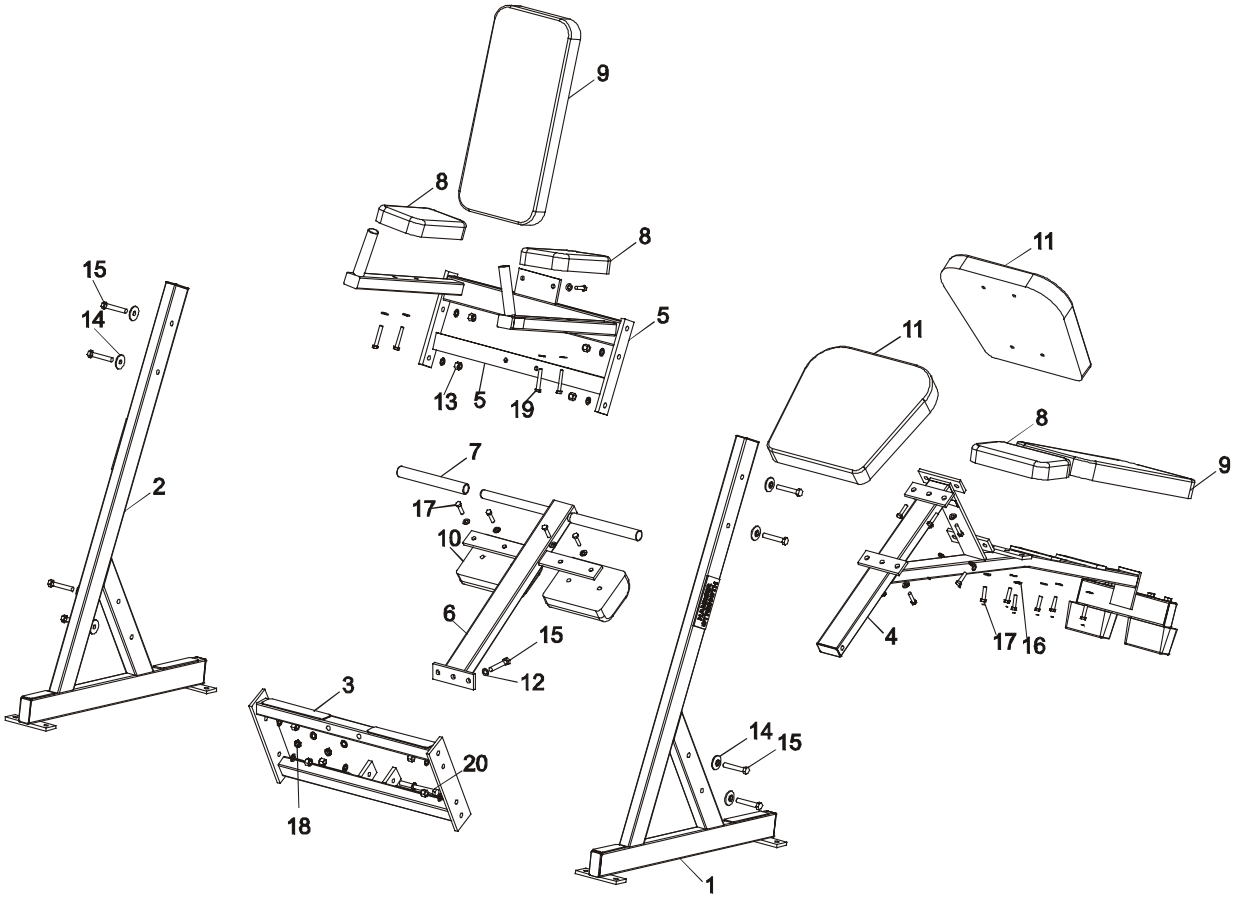
HAMMER STRENGTH EQUIPMENT

BWABWS-D01

Body Weight AB Board Work Station Assembly

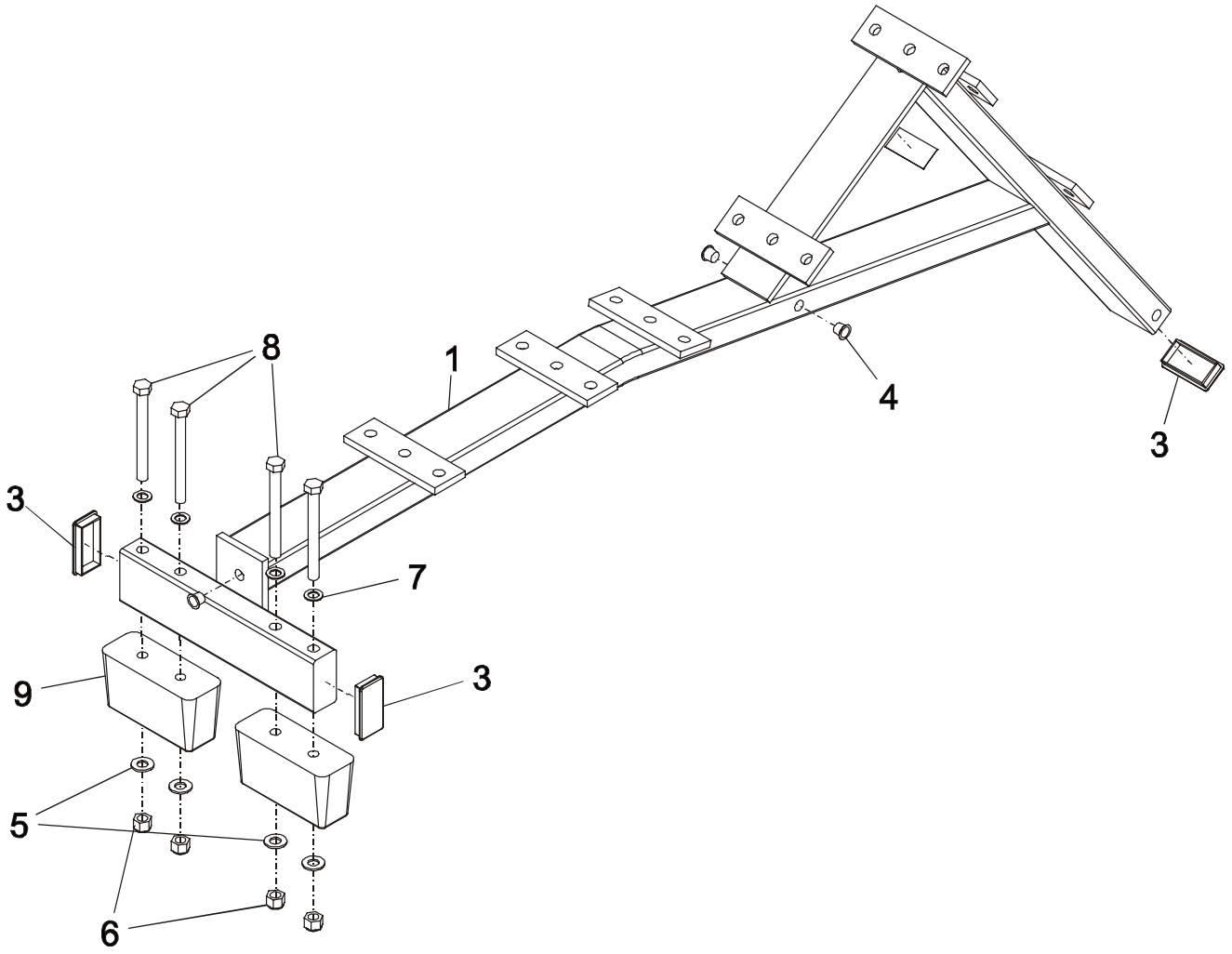


HAMMER STRENGTH EQUIPMENT
BWABWS-D01 Exploded Assembly



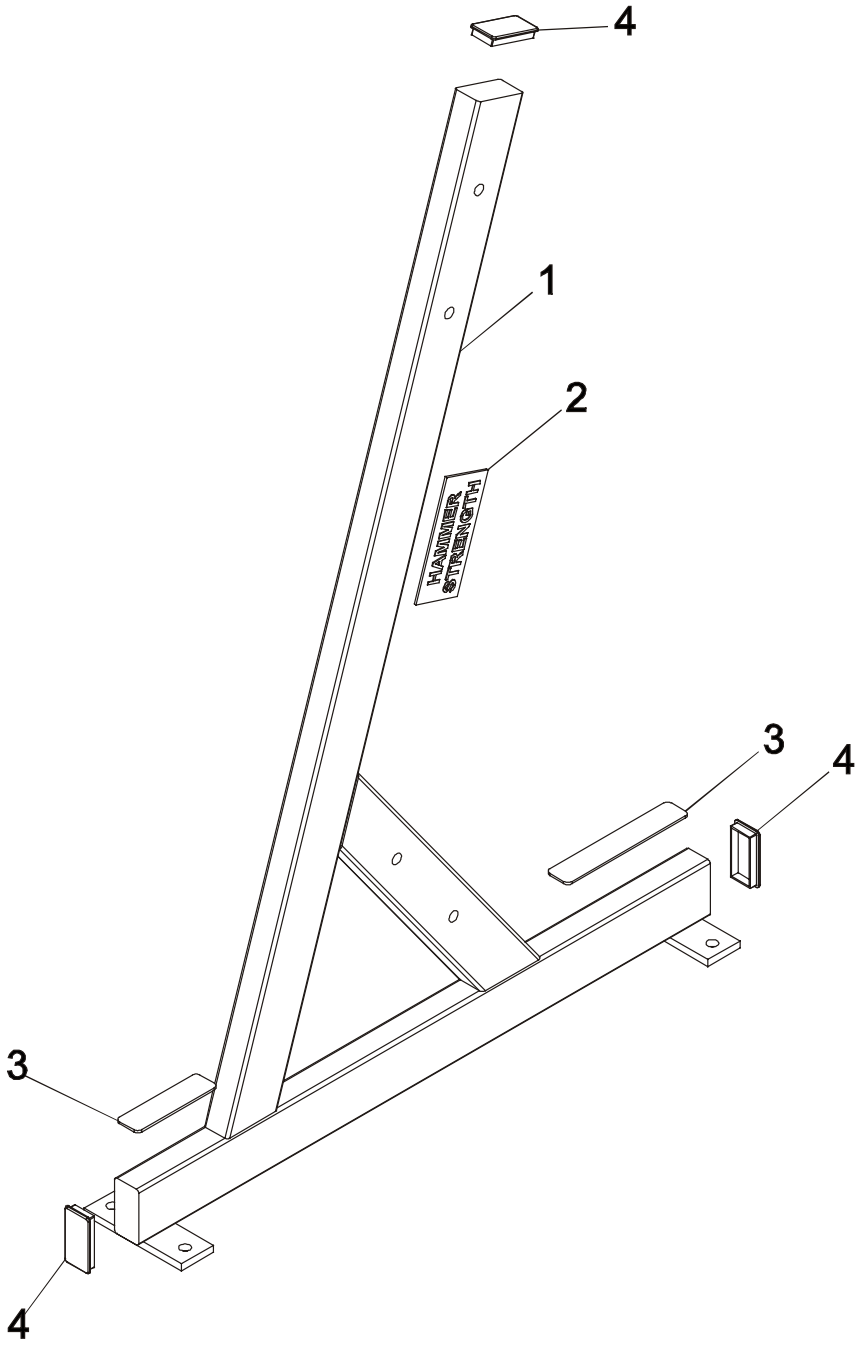
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	BWABWS-CSFL-0	Left Side Frame
2	1	BWABWS-CSFR-0	Right Side Frame
3	1	BWABWS-CBX-0	Bottom Cross Frame
4	1	BWABWS-CST-0	Seat Frame
5	1	BWABWS-CTX-1	Top Cross Frame
6	1	BWABWS-ETC-0	Center leg-Frame
7	2	H-GRIP(BWAB-A00)	HandGrip
8	3	U10-4.5	Rect Pad
9	2	U24-10	Standard 24" Pad
10	2	U8-4.5	Standard 8" Pad
11	2	U16-11	Standard 16" Pad
12	14	WASH.5STAR	1/2" Internal Lock Washer
13	9	NUT.5LOCK	1/2" Thick Lock Nut
14	8	H-BACK-WASH	Backing Washer
15	10	HHB.5X3	1/2 X 3 Bolt
16	26	WASH.375SAE	3/8" SAE Flat Washer
17	22	HHB.375X1.5	3/8 X 1 1/2 Bolt
18	2	NUT.5JAMLOCK	1/2" Thin Lock Nut
19	4	HHB.375X2.5	3/8 X 2 1/2 Bolt
20	1	HHB.5X5	1/2 X 5 Bolt

HAMMER STRENGTH EQUIPMENT
BWABWS-D01 Seat Frame



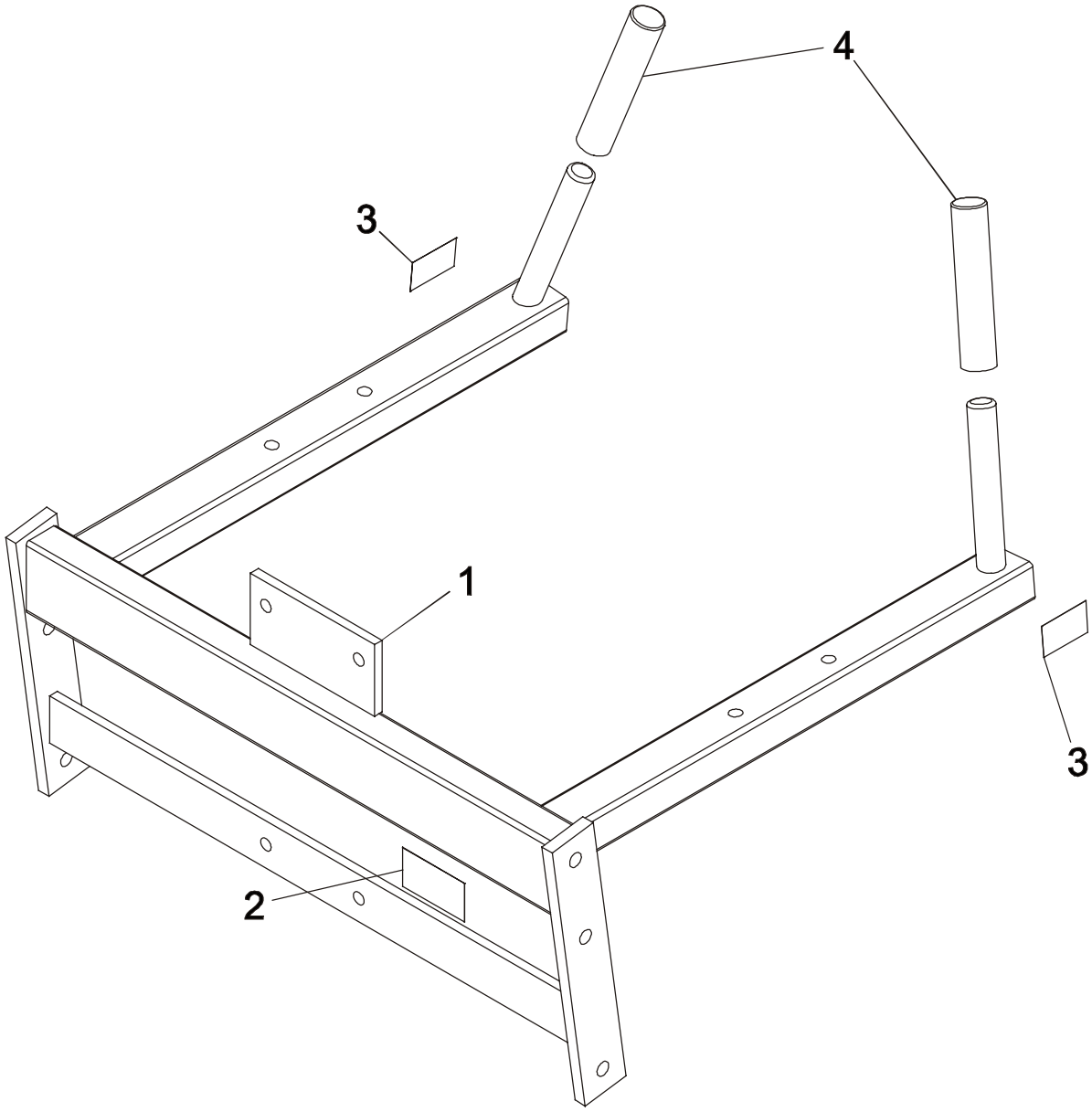
ITEM NO	QTY.	PART NO.	DESCRIPTION
1	1	BWABWS-ST-0	Seat-Frame
2	1	SERIAL NUMBER	Serial Number
3	3	H-PEND3	1 1/2 X 3 End Cap
4	3	H-HPLUG(REG)	Hole Plug
5	4	WASH.5SAE	1/2" SAE Flat Washer
6	4	NUT.5LOCK	1/2" Thick Lock Nut
7	4	WASH.5STAR	1/2" Internal Lock Washer
8	4	HHB.5X5	1/2 X 5 Bolt
9	2	H-BUMP-LGE	MM1 Large

HAMMER STRENGTH EQUIPMENT
BWABWS-D01 Side Frame



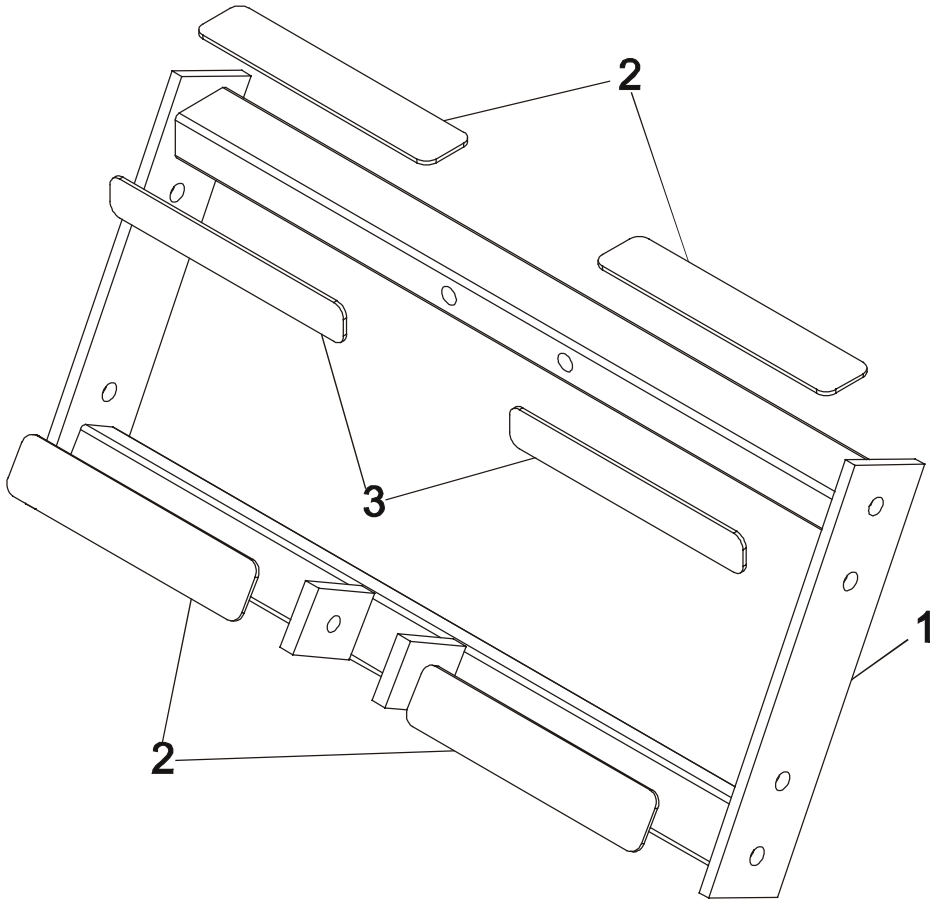
ITEM NO	QTY.	PART NO.	DESCRIPTION
1	1	BWABWS-SF-0	Side-Frame
2	1	H-NAMEPLATE	Name Plate
3	2	H-PLATE-G1	Small Plate Guard
4	3	H-PEND3	1 1/2 X 3 End Cap

HAMMER STRENGTH EQUIPMENT
BWABWS-D01 Top Cross Frame



ITEM NO	QTY.	PART NO.	DESCRIPTION
1	1	BWABWS-TX-1	Top Cross-Frame
2	1	PATENT	Patent Decal
3	2	STAY CLEAR	Stay Clear Decal
4	2	H-GRIP(BWLR-A00)	HandGrip

HAMMER STRENGTH EQUIPMENT
BWABWS-D01 Bottom Cross Frame



ITEM NO	QTY.	PART NO.	DESCRIPTION
1	1	BWABWS-BX-0	Bottom Cross-Frame
2	4	H-NONSKID2	1 3/4 X 9 Nonskid
3	2	H-NONSKID1	1 1/4 X 9 Nonskid